

To Assess Knowledge Regarding Obesity and its Prevention among Adolescents

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ABSTRACT

Obesity is a serious medical condition that affects children and adolescents. It occurs when a child well above the normal weight for his or her age and height. Obesity is particularly troubling because of extra pounds often start children on the path to health problems that were once confined to others such as diabetes, high blood pressure, high cholesterol. Obesity can also lead to poor self-esteem and depression.

The present research project is “A descriptive study to assess knowledge regarding obesity and its prevention among adolescents at selected community area of Patel Nagar, Dehradun with a view to develop an informational booklet.”

The objectives of the present study are:

1. To assess the knowledge regarding obesity and its prevention among adolescents.
2. To find out the association between the level of knowledge of the adolescents regarding obesity at selected demographic variables.
3. To prepare and develop informational booklet on obesity and its prevention.

60 samples were selected by convenient sampling technique and data were collected using self-structured knowledge questionnaires.

Result

In study level of knowledge based on percentage regarding obesity score depicts that 80% adolescents had moderate knowledge, 7% had adequate knowledge and 13% had inadequate level of knowledge regarding obesity and its prevention.

Conclusion

The conclusion of the study was 80% of adolescents were having moderate knowledge, 7% having adequate knowledge and 13% were having inadequate knowledge.

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KEYWORDS: Asses, Knowledge, Obesity, Adolescents, Prevention

INTRODUCTION

Obesity is a condition of abnormal or excessive fat accumulation in adipose tissue to that extent that health may be impaired. It is most common nutritional disturbance of children and one of the most challenging contemporary health problems at all ages. Obesity is not a single disorder but a heterogeneous group of condition with multiple causes.

Overweight and obesity are increasing problems that lead to significant health and social difficulties for people. Commonly defined by a measurement of

Body Mass Index (BMI – calculated by dividing body weight (kilograms) by height (meter squared), the prevalence of overweight (adult BMI of between 25 and 29.9) and obesity (BMI of 30 or over) is increasing. For children, these BMI standards require adjustments for age and gender.

Overweight and obesity are global problems and the World Health Organization (WHO) predicts that by 2015 approximately 2.3 billion adults worldwide will be overweight and more than 700 million obese. In the UK, obesity rates have nearly doubled in the past

18 years from 13% of men and 16% of women in 1993, to 24% of men and 26% of women in 2011. In the same year, about 3 in 10 children aged 2–15 years were found to be overweight or obese.

India has the second highest number of obese children in the after US and China, according to a study, which means that 14.4 million kids in country have excess weight. According to the study, a total of 56 per 1000 children die before their 5th birthday and 47.9% of children under the age of five are stunted. The project highlights the global challenge represented by the double burden of under nutrition and overweight and obesity.

Obesity is also more common among certain populations. Obesity prevalence was 25.6% among Hispanic children, 24.2% among non-Hispanic Black children, 16.1% among non-Hispanic white children, and 8.7% among non-Hispanic Asian children.

Obesity is a serious medical condition that affects children and adolescents. It occurs when a child is well above the normal weight for his or her age and height. Over a past few years, childhood obesity is increasing being observed with the changing lifestyle of families with increased purchasing power, increasing hours of inactivity due to addiction to television, video games and computer, which have replaced outdoor games and other social activities.

Obesity is complex. Many factors can contribute to excess weight gain including behaviour, genetics and

taking certain medications. But societal and community factors also matter: child care and school environments, neighbourhood design, access to healthy, affordable foods and beverages, and access to safe and convenient places for physical activity affect our ability to make healthy choices.

PURPOSE

The purpose of the study is to assess the knowledge regarding obesity and its prevention among adolescents.

OBJECTIVES

1. To assess the level of knowledge regarding obesity and its prevention among adolescents.
2. To find out association between level of knowledge and socio demographic variables.

MATERIALS & METHODS

A quantitative research approach & Non-experimental descriptive research Design is used for this study. The population consisted of adolescents having strength of a selected community area of Patel Nagar, Dehradun. The sample size for the study was 60 children from Patel Nagar, Dehradun. Non-probability convenient sampling technique was used. Structured knowledge questionnaires were used to collect the data. Ethical clearance was done before collecting the data. Before collecting the data the informed consent was done & the data were analysed by using descriptive statistics.

RESULTS

Table 1: Frequency and percentage distribution of sample according to socio demographic variables

S. NO	SOCIO DEMOGRAPHIC VARIABLES	FREQUENCY	PERCENTAGE %
1.	AGE (YEARS)		
	10-12 years	0	0%
	13-14 years	25	41.67%
	15-16 years	35	58.33%
	17-18 years	0	0%
2.	Sex		
	Male	39	65%
	Female	21	35%
3.	Education of parents		
	8th pass	18	30%
	10th pass	12	20%
	12th pass	12	20%
	Graduate	18	30%
4.	Types of family		
	Nuclear	31	51.67%
	Joint family	28	46.67%
	Extended family	01	1.66%
5.	Source of information		
	Television	19	31.67%
	Internet	19	31.67%
	Newspaper	15	25%
	Others	7	11.66%

The table 1: Showed that the socio demographic variables details:-

According to their age group depict that 0% of the adolescents was in the age group 10-12 years. In the age group of 13-14 years there were 41.67%, in the age group of 15-16 years there were 58.33% and in the age group of 17-18 years they were 0% adolescent. Percentage wise distribution of adolescents.

Percentage wise distribution of adolescents according to their sex reveals that highest percentage 65% of them was males. The lowest percentage 35% of them was females.

Percentage wise distribution of adolescents according to their parents education status reveals that the highest percentage 30% of parents had 8th pass and graduate than 20% of parents had 10th pass and 12th pass.

Percentage wise distribution of adolescents according to their type of family reveals that highest percentage 51.67% of adolescents having nuclear family, whereas 46.67% joint family and 1.66% adolescents belongs to extended family and 0% adolescents belongs to broken or divorced family.

Percentage wise distribution of adolescents according to source of information reveals that 31.67% gained information through television and internet whereas 25% information gained from newspaper and 11.66% from other sources.

Table no 2: Percentage wise distribution of adolescents to their level of knowledge.

N=60

Knowledge Level of Adolescents	Frequency(f)	Percentage (%)
Adequate	4	7%
Moderate	48	80%
Inadequate	8	13%

TABLE 2: Table no 2 showed the Percentage wise distribution of adolescents according to their knowledge level reveals that highest percentage 80% adolescents had moderate knowledge and 7% had adequate knowledge whereas 13% adolescents had inadequate knowledge.

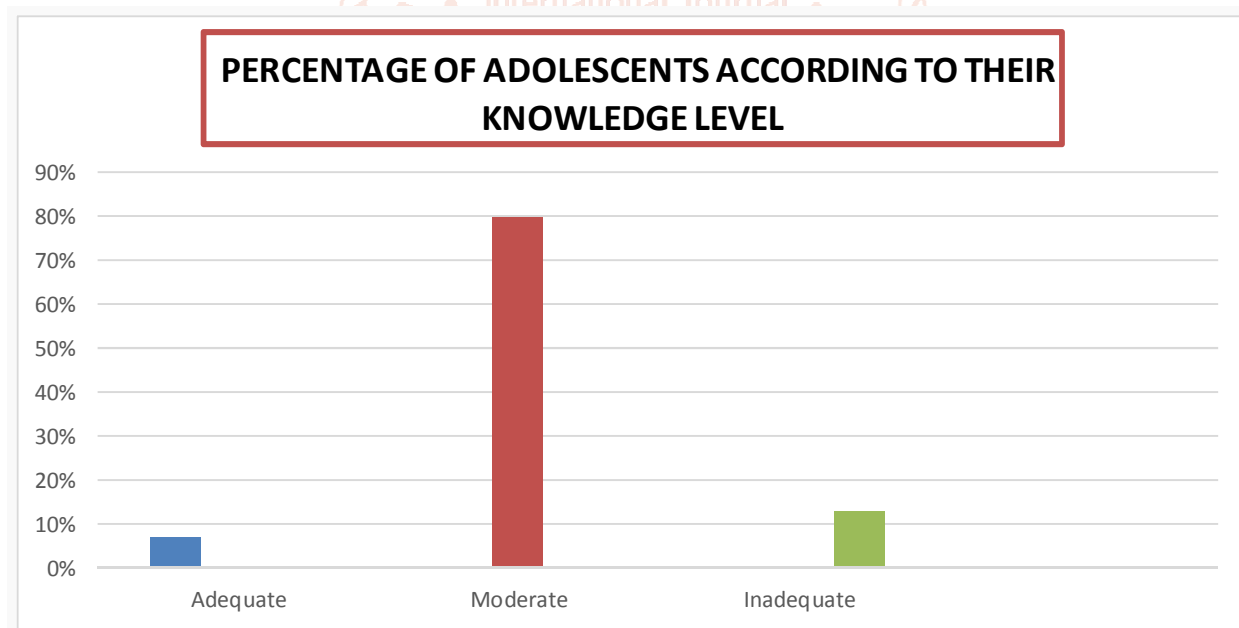


Fig-1 Bar diagram showing percentage of adolescents according to their knowledge level.

Percentage wise distribution of adolescents according to their knowledge level reveals that highest percentage 80% of adolescents have moderate knowledge, whereas 7% of adolescents have adequate knowledge and rest 13% of adolescents have inadequate knowledge.

DISCUSSION

SUMMARY

The level of knowledge based on percentage regarding obesity score depicts that 80% adolescents had moderate knowledge, 7% had adequate knowledge and 13% had inadequate level of knowledge regarding obesity and its prevention.

Major findings of the study

The level of knowledge is based on percentage regarding obesity score shows that 7% had adequate level of knowledge, 80% had moderate level of knowledge and 13% had inadequate level of knowledge.

Implications

Nursing services education program can be conducted in the community in which special attention to be given to obesity to create awareness among the community people.

Limitations

The study was limited only the adolescents age group only.

The study was limited only the community area of the Patel Nagar Dehradun, Uttarakhand.

CONCLUSION

Obesity is a serious medical condition that affects children and adolescents. It occurs when a child is well above the normal weight of his or her age and height.

Obesity is particularly troubling because the extra pounds often start children and adolescents on the path to health problems that were once confined to a adult such as diabetes, high blood pressure and high cholesterol. Obesity can also lead to poor self-esteem and depression.

Based on the study it is concluded that the adolescents are having moderate level of knowledge.

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